

Trauma-Informed Care 101

Margaret Coats, Ashlee
Kreft, Eric Lane, and Brooke
Skean

Fellowship Missions



The background of the slide features a silhouette of a person standing on a dark, jagged horizon line, looking out at a bright orange and yellow sunset sky. The person's head and shoulders are visible in profile. The sky is a gradient of warm colors, from deep orange at the bottom to a lighter yellow at the top. The horizon line is composed of several dark, rounded shapes representing mountains or hills.

Trauma Informed Care 101

Definition and Principles of Trauma Informed Care

Trauma informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. Principles of trauma informed care include safety, trustworthiness, choice, collaboration, and empowerment.



Critical Elements of Trauma Informed Care



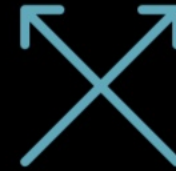
Safety

Creating a safe environment for clients to feel secure and supported.



Trustworthiness

Establishing trust between clients and providers through consistent, reliable, and respectful interactions.



Choice

Providing clients with options and allowing them to make decisions about their care.



Collaboration

Working together with clients to create a plan of care that meets their individual needs.

These four critical elements of trauma informed care are essential for providing effective and compassionate care to those who have experienced trauma.

Adverse Childhood Experiences (ACEs) and Their Impact

1960s

The Adverse Childhood Experiences (ACEs) Study is launched by the Centers for Disease Control and Prevention (CDC) and Kaiser Permanente

1980s

The ACEs Study finds a strong correlation between childhood trauma and adult health outcomes

1990s

The ACEs Study is expanded to include more than 17,000 participants

2000s

The ACEs Study is replicated in other countries, confirming the findings of the original study

2010s

Trauma-informed care becomes a popular approach to addressing the impact of ACEs on individuals and communities

The **Effects** of Trauma on the Mind and Body



Physical Effects

Trauma can cause physical symptoms such as headaches, fatigue, and difficulty sleeping.



Emotional Effects

Trauma can also cause emotional distress, such as depression, anxiety, and fear.

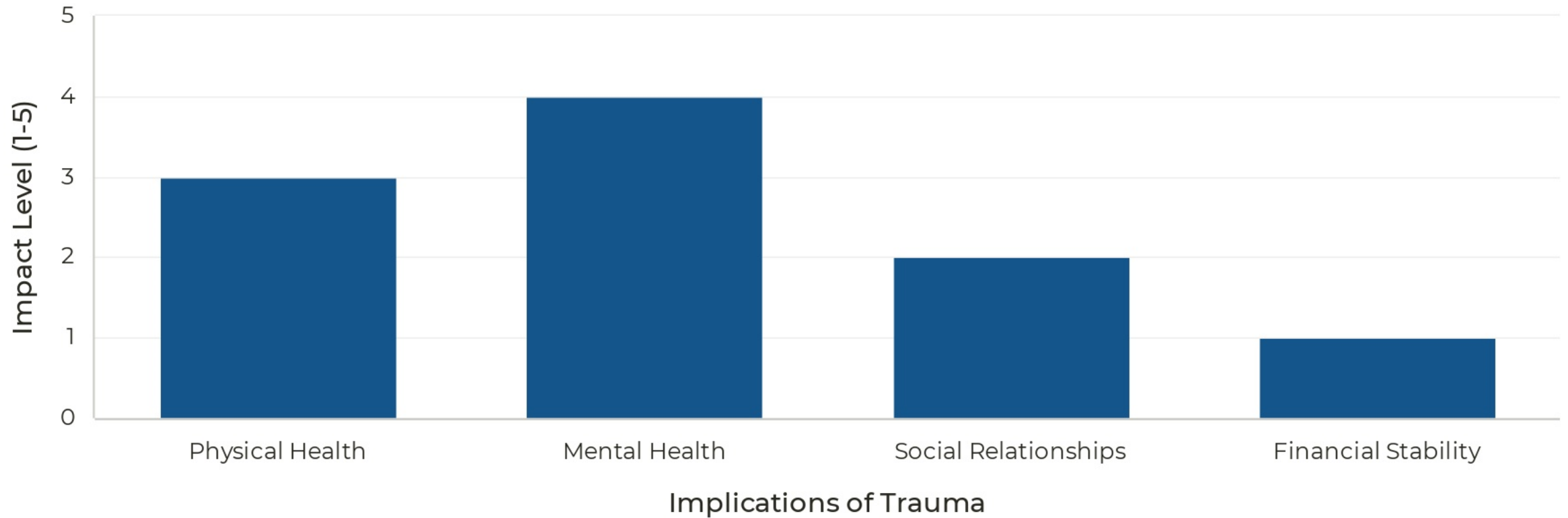


Behavioral Effects

Trauma can lead to changes in behavior, such as avoidance of certain activities or people.

It is important to recognize the effects of trauma on the mind and body in order to understand how to best support those dealing with trauma and help them heal.

The Implications of Trauma



Trauma has a significant impact on physical and mental health.

Challenges Faced with Trauma Informed Care Implementation



Defining Trauma

Understanding the definition of trauma and its effects on individuals



Identifying Trauma

Recognizing signs of trauma in individuals and responding appropriately



Implementing Care

Creating a plan for providing trauma informed care to individuals

Trauma informed care implementation requires an understanding of trauma, the ability to recognize it, and the implementation of a plan to provide care.

[illegible]

Internalizing & Externalizing **Symptoms** of Trauma



Internalizing Symptoms

These are symptoms that are directed inward, such as depression, anxiety, and guilt.



Externalizing Symptoms

These are symptoms that are directed outward, such as aggression, impulsivity, and hyperactivity.

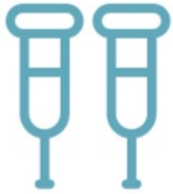


Three Types of Trauma

These include acute trauma, chronic trauma, and complex trauma.

It is important to understand the different types of trauma and the internalizing and externalizing symptoms associated with them in order to provide effective treatment.

Acute Trauma and its Signs



Physical Signs

Physical signs of acute trauma can include bruises, cuts, and broken bones.



Emotional Signs

Emotional signs of acute trauma can include fear, anxiety, and depression.



Behavioral Signs

Behavioral signs of acute trauma can include withdrawal, aggression, and self-harm.

Acute trauma can have a wide range of physical, emotional, and behavioral signs that can be difficult to recognize. It is important to be aware of these signs in order to provide the best care for those affected by trauma.

Causes of **Chronic** Trauma



Physical Abuse

Physical abuse is a form of trauma that can cause long-term physical and psychological damage.



Emotional Abuse

Emotional abuse can be just as damaging as physical abuse, and can lead to long-term psychological trauma.



Neglect

Neglect is a form of trauma that can occur when a person's basic needs are not met.



Traumatic Events

Traumatic events such as natural disasters, accidents, or violence can cause long-term psychological trauma.

Chronic trauma can be caused by a variety of factors, including physical and emotional abuse, neglect, and traumatic events. It is important to understand the causes of chronic trauma in order to provide effective support for those affected.

Types of Complex Trauma



Physical Trauma

Physical trauma is an injury to the body caused by an external force, such as a car accident or physical abuse.



Psychological Trauma

Psychological trauma is an emotional response to a distressing event, such as a natural disaster or sexual assault.



Developmental Trauma

Developmental trauma is a type of complex trauma that occurs when a child experiences multiple traumatic events over a long period of time.

Complex trauma can take many forms and can have long-lasting effects on individuals. It is important to understand the different types of complex trauma in order to provide effective support.

“Pain is inevitable, but
Power is a choice.”

UNKNOWN



Implementing Trauma-Informed Care in Practice

Trauma-informed care is an approach to healthcare that recognizes the impact of trauma on individuals and their families. It is important to understand how to implement trauma-informed care in practice in order to maximize the benefits of this approach.

Practical **Solutions** for Trauma



Identifying Trauma

Understanding the signs and symptoms of trauma in order to recognize it in ourselves and others



Healing Strategies

Exploring different methods of healing from trauma, such as therapy, mindfulness, and self-care



Building Resilience

Developing skills to cope with and manage the effects of trauma

By understanding trauma, exploring healing strategies, and building resilience, we can create practical solutions for trauma.

Best Practices for Trauma Informed Care: A Comparison Chart



Creating a safe environment and building trust and relationships are the most important best practices for trauma informed care.

The **Team** Approach to Trauma Informed Care



Psychiatrist
Team Member



Social Worker
Team Member



Psychologist
Team Member



Nurse
Team Member



Case Manager
Team Member



Therapist
Team Member

“"Collaboration is essential to providing **trauma informed care** that is **effective** and meaningful.",”

:

The Future of Trauma Informed Care

The future of trauma informed care is bright, with new research and technology providing innovative solutions to help those affected by trauma. As we continue to learn more about the effects of trauma, we can develop better strategies for providing comprehensive care.



“Trauma-informed care is about creating a safe and supportive environment that recognizes the impact of trauma and emphasizes physical, psychological, and emotional safety for both patients and providers.”

-AMERICAN PSYCHOLOGICAL ASSOCIATION

Presenter's Contact Information

Eric Lane, elane@fellowshipmissions.net